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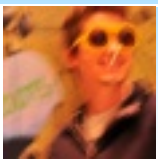
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Alexander~ RSD



BY Alex~ | January 11th, 2013 at 5:59 PM

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The Natural Instinct Method.

Tags: [The Natural Instinct Method.](#)

Hello there mates! Let me tell you about the Natural Instinct Method.

Since 2006 I've been practicing and learning game from Real Social Dynamics, other companies publishing content, and then coaching and practicing 5 days a week in real life, with real people infield. Getting real results.

As time goes on, as you gather experience, you get start to get a very clear idea of which dynamics and processes make the game work. You start to clearly understand what ideas and actions serve you, and which ideas and actions are completely useless.

Then you start to get better at the useful actions and delve into the intricacies of those skills and mindsets. You forget about the meaningless actions altogether. Your results get much better.

The... fast forward to 2013, not only do you have a handle of what works and what doesn't, but now at this stage we can say that, in the history of the human race, no one has continuous practiced and coached cold-approach pick-up more than the coaches at Real Social Dynamics.

To put it another way, no one could come close to having as much knowledge and experience as the coaches at Real Social Dynamics. No one could even come close to thinking they have the same experience coaching – transferring the ideas – as the Real Social Dynamics coaches.

So if you were to ask yourself, "who has more experience at doing game and coaching game than anyone else in the entire world, I want to find them to ask them what's right and wrong, hell I want them to show me in person and on video what's right and wrong... who is the experienced authority?"

Well mate that would be us.

And so, I share with you the Natural Instinct Method.

BLOG PANEL

SHARE

Bio - Alex~

Hi, my name is Alexander, I'm a Professional Pick Up Coach, World Traveler and Blogger from Brisbane, Australia.

RSDAlexander



YouTube

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YouTube

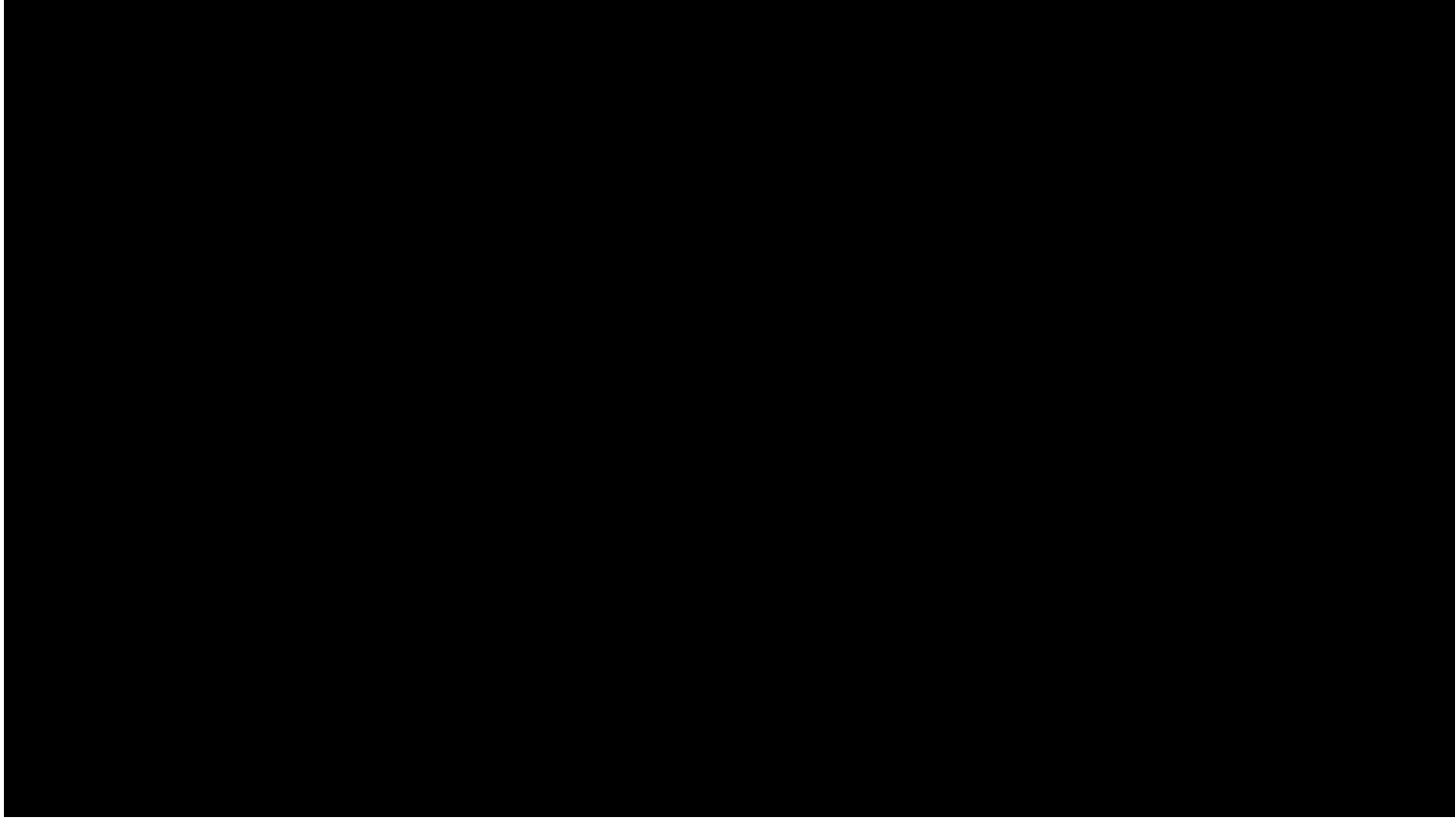
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This is not a particular method dreamt up out of nowhere... this 'method' come from seeing all the RSD instructors in field since 2006. It's derived from seeing all the best students successes since 2007. Its derived from all the RSD programs ever published (which I've seen dozens of times each).

And then, in 2009, when infield footage stated it formed the structure of the Natural Instinct Method, because for the first time ever in the history of mankind we had empirical observable evidence of successful and unsuccessful pick ups.

So came the hypothesis forming, testing infield, and verifying with EVIDENCE what variables work, and which don't. With over 30 TERABYTES of collective company infield footage, the evidence of what works and what doesn't is a sample size that's irrefutable. The support of the Natural Instinct 'Method' is excessive.

But the Natural Instinct Method isn't really a method, it's a prehistoric pattern of behavior that lives in your blueprint, that lives in your INSTINCTS based on evolution.

The Natural Instinct Method isn't something you need to learn... its already there in you're DNA it's the UNSOCIAL CONDITIONING. Its NATURAL CONDITIONING. You being natural, Natural Game.

Hence the Name "Natural Instinct Method". Its not no 'Alex's wizbang new pick up theory. No, it's only a result of evidence and ideas that are consistently reproducible.

Since 2009 when RSD really when all maniac with the infield footage it was really Tyler and I that went out and committed to the most time to filming. Of course Brad, Jeffy, Ozzie, Ryan and Natural Tim have all put in the committed time and come up with some awesome stuff, but it's has been me who has the most time and opportunity to think about infield videos Since Tyler schedule is INSANITY managing the company and working 18 hour days since 1799.

With my time and commitment I put together this summary of game so we all have a starting point to commonly think about, measure and share, mindsets to collectively drill and skillsets to collectively work on with wingmen and on programs. These mindsets and skills are known by different names around the community but essentially mean the same thing.

To summarise in writing:

Three mindsets:

There is no reason why you're not enough

Be arousing not attractive

The true indication of interest is when the girl is quiet and attentive.

Three Skills

Create Initiative (talk)

Endure Tests (keep the set going)

Make Moves (physicality)

(and the dark matter that glue it all together: time is your ally)

IF YOU DON'T HAVE THESE ELEMENTS COLD APPROACH PICK UP JUST WONT WORK.

Articles by Topic

- [Pick Up Girls \(12\)](#)
- [Alexander \(12\)](#)
- [rsd \(11\)](#)
- [Alexander Hotseat \(6\)](#)
- [Real Social Dynamics \(4\)](#)
- [Alexander~ \(4\)](#)
- [Self Actualization \(4\)](#)
- [Relaxed Arousal \(3\)](#)
- [tags \(3\)](#)
- [Picking Up Girls \(3\)](#)
- [Relaxation \(2\)](#)
- [Loser \(2\)](#)
- [advanced \(2\)](#)
- [Chicago \(2\)](#)
- [idiots are everywhere \(2\)](#)
- [Amsterdam \(2\)](#)
- [dodos \(2\)](#)
- [brad webinar \(2\)](#)
- [bearded joe is an idiot but not as much as most \(2\)](#)
- [infield video \(2\)](#)
- [Time for action... who can commit? \(2\)](#)
- [i am also an idiot \(2\)](#)
- [maybe the only really perfect person i know are the lufthansa pilots who never crash planes \(2\)](#)
- [Natural Instincts Method \(2\)](#)
- [random shit \(2\)](#)
- [pick up \(2\)](#)
- [graffiti \(2\)](#)
- [orange juice \(2\)](#)
- [Inner Confidence \(2\)](#)
- [inner game \(2\)](#)
- [captain redbear \(2\)](#)
- [the old guy from the video game grand theft auto san andreas \(2\)](#)
- [Be Attractive \(2\)](#)
- [alex \(2\)](#)
- [new world order \(2\)](#)
- [Chodes Night Out 2 \(1\)](#)
- [tags for distraction \(1\)](#)
- [drama \(1\)](#)
- [fergalicious she puts them boys on rock rock \(1\)](#)
- [fun notes \(1\)](#)
- [lifestyle \(1\)](#)
- [style \(1\)](#)
- [cheers cunt \(1\)](#)
- [Alexander RSD \(1\)](#)
- [nice red tie \(1\)](#)
- [Mommy I'm scared its Germany \(1\)](#)
- [sunrise \(1\)](#)
- [Don't Be A Creep \(1\)](#)
- [you also have a choice of videos \(1\)](#)
- [Fuck you ayia napa \(1\)](#)
- [How Girls Categorise Guys \(1\)](#)
- [you probably die when youre thirty anyway \(1\)](#)
- [good work \(1\)](#)
- [you should start trying to imagine that because that's what im going to do \(1\)](#)
- [sometimes on the professional grade holiday we get the youngfellas to wear a horse mask – so you would be wise to prepare yourself \(1\)](#)
- [Approaching \(1\)](#)
- [is julien a farmyard animal of the goat variety \(1\)](#)
- [FUCK YOU RYANAIR \(1\)](#)
- [she bangs yeah baby she moves she moves not the ricky martin verions the little asian guy version from american idol \(1\)](#)
- [Natural Instinct Method \(1\)](#)
- [personal development \(1\)](#)
- [Looks matter \(1\)](#)
- [crazy greeks \(1\)](#)
- [TWO GIRLS IN THE FRONT](#)

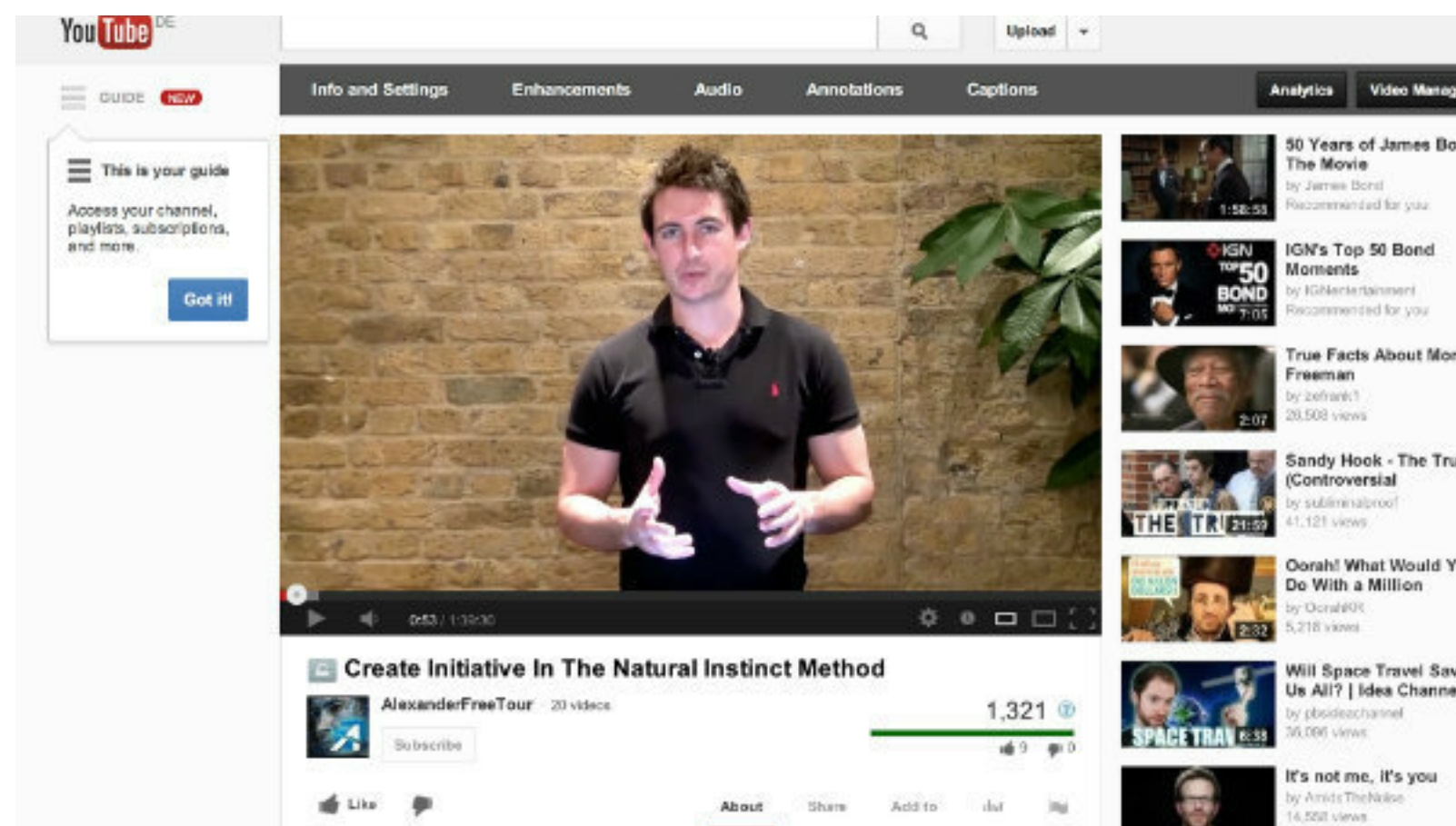
In April 2012 I release an abridge version of the natural instinct method so everyone, especially my bootcamp and Hotseat students had starting reference points for before they started on the program.

AND NOW I HAVE CREATED THE FULL NATURAL INSTINCT METHOD PROGRAM... CLOCKING IN AT ELEVEN AND HALF HOURS.

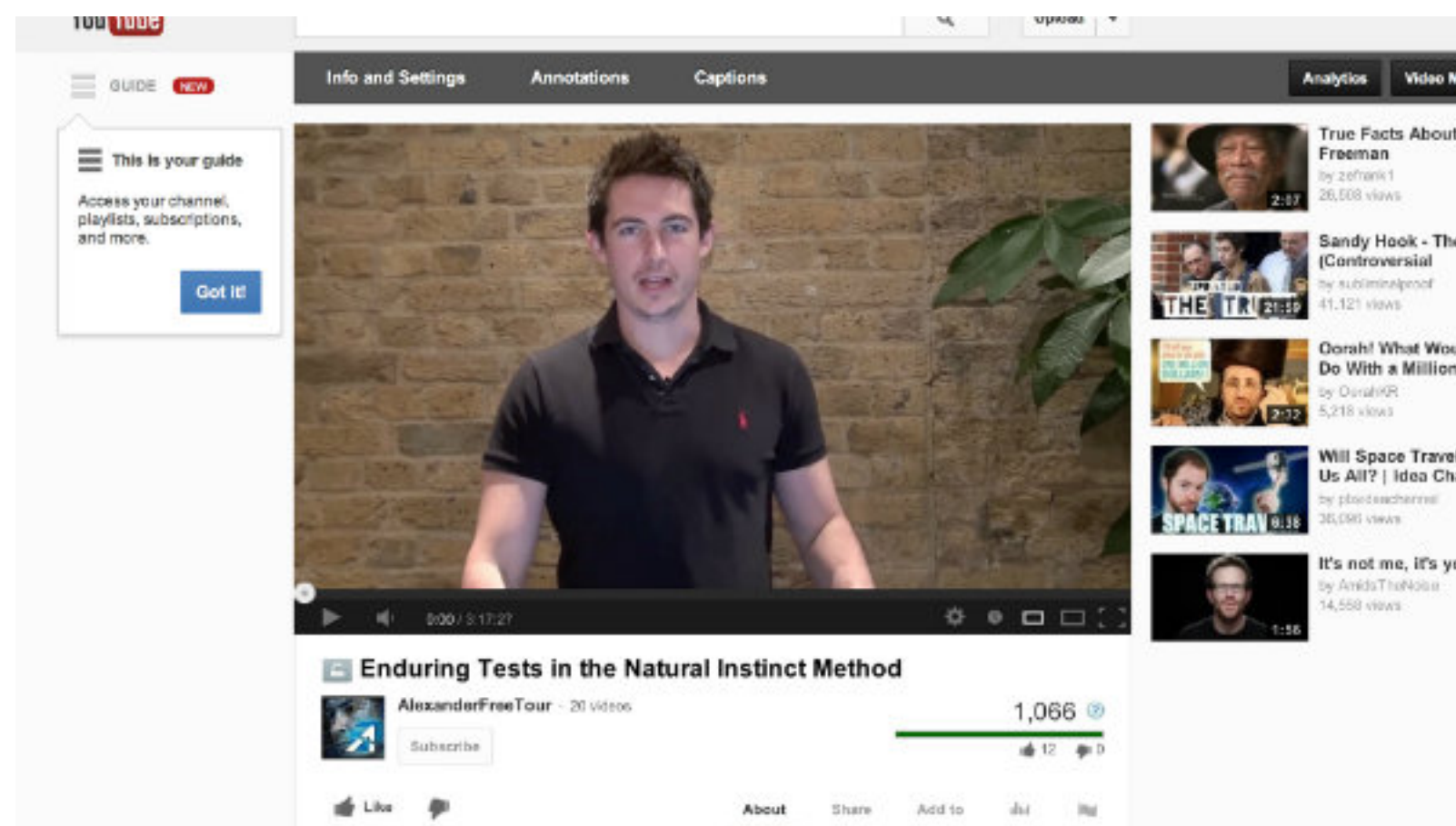
On par with programs like Foundations and Transformations and twice as long as the incredible Jeffy Show and ground-breaking Flawless Natural.

I wanted to go into depth about all the skills so everyone who comes to bootcamp and Hotseat has a thorough theoretical understanding and is well versed in the skills that make cold-approach pick up work. So I made three skill videos two 100 minutes long... and then the video on how to beat tests is 220 minutes long.

Create Initiative

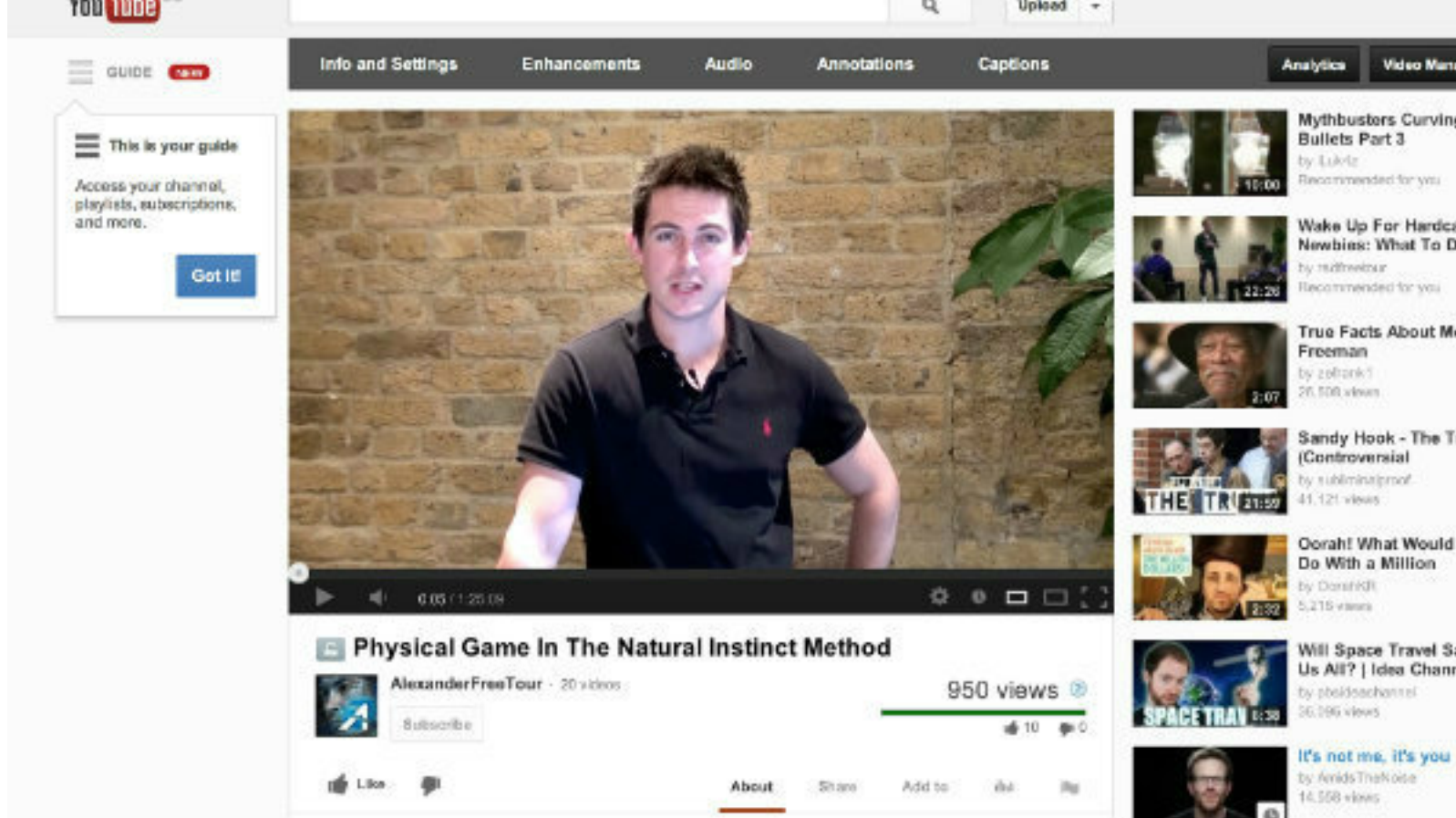


Endure Tests and Personal Growth Through Tests



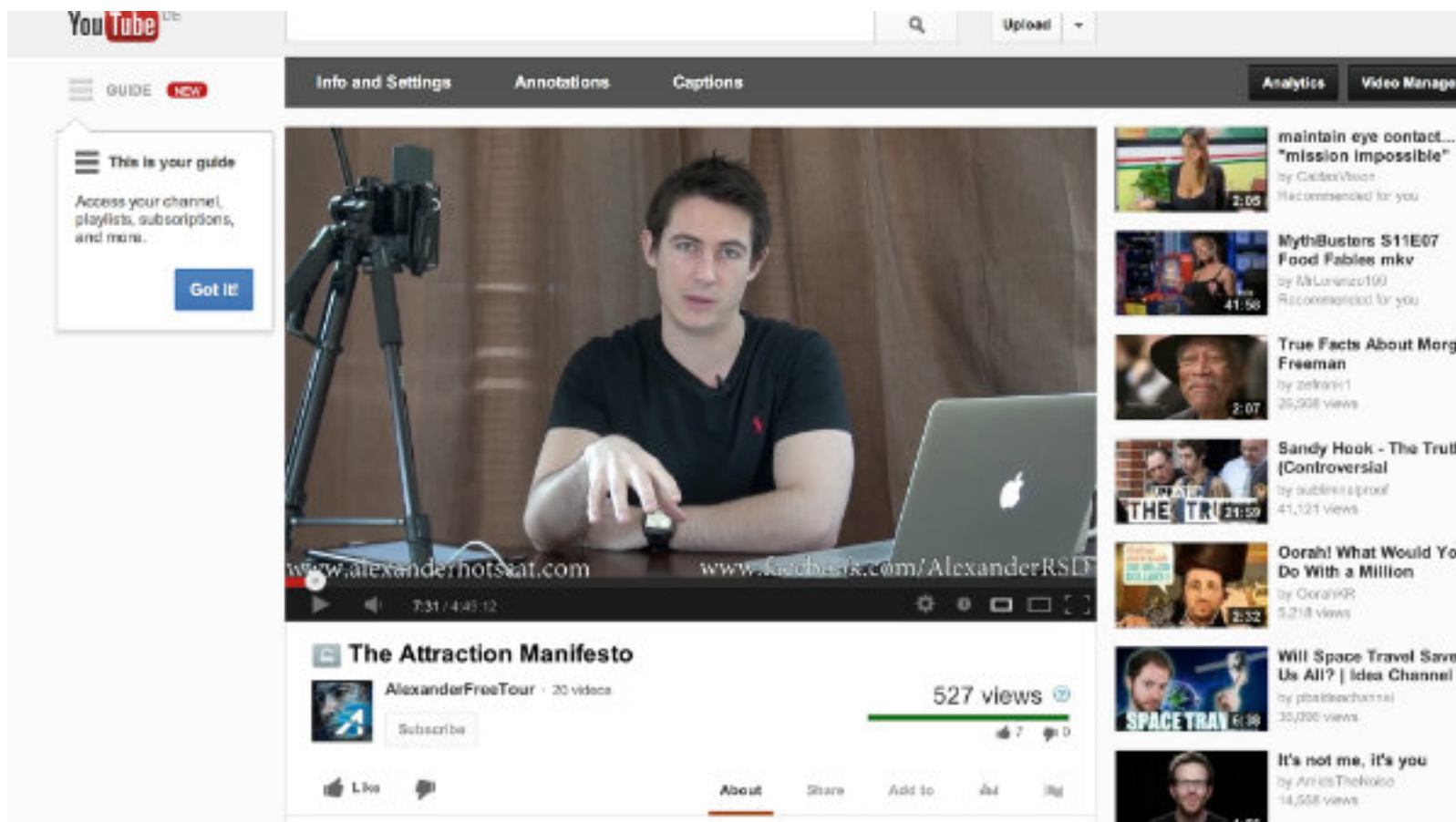
Physical Rapport and Physical Expression.

- ROW (1)
- Buttermilk Pancakes (1)
- sun stroke (1)
- Enjoy Yourself (1)
- I AM after effects (1)
- rhodos was nice but i was sick (1)
- Cold-Appraoching. (1)
- cirrosis (1)
- brisbane (1)
- i think next week i will make a little video about bearded joe (1)
- Victim (1)
- todd is not impressed by keywords so he can get a dingo up him (1)
- am i a dingo of the australian variety (1)
- America Fuck Yeah (1)
- smash a dog up ya chinaboy (1)
- Manifesto (1)
- Texas (1)
- glow in the dark chicken fillet chicken fillet bra (1)
- The Inner Mindset Of The Greatest Cold Approach Pick Ups (1)
- why is he called chinaboy if he doesn't even live in china? (1)
- Chineboy is instructor level good at game (1)
- bearded joe getting knocked the fuck out (1)
- Expression (1)
- I am out of control (1)
- The Attraction Equation (1)
- One two three four five Once I caught a fish alive Six seven eight nine ten Then I let it go again (1)
- Body Language (1)
- bearded joe (1)
- High Value (1)
- I will tell you how to come on the professional grade holiday at the time of releasing the 201x video (1)
- bitches (1)
- do you like to breed greyhounds (1)
- Freedom Isn't Free (1)
- cunts are fucked (1)
- tyler (1)
- asshole (1)
- krakens deluxe (1)
- Take Total Responsibility (1)
- Summitgod is the spawn of the seamen of robocop 2 (1)
- Awesome (1)
- no air con (1)
- Arouse Girls (1)
- Charizard (1)
- crystal meth is bad in big doses (1)
- $A^* = HV + [\pm]E_{\infty}$ (1)
- Why did you let it go? Because it bit my finger so Which finger did it bite This little finger on the right (1)
- Alexander! (1)
- Results (1)
- 10 hour rule (1)
- I will be releasing the 201x video soon (1)
- do you live in tullamarine? (1)
- one night stand (1)
- melbourne moles (1)
- Hitting it up (1)
- Gangnam Style. (1)
- in a good way (1)
- Make Your Nights Count (1)
- the 201X video is coming (1)
- An Article that makes your game 7 trillion times better (1)
- where is the ice (1)
- Deliberate Illogicality (1)



And then, finally for the first time ever in the cold-approach pick up community I bring to you my creation seven years in the making, the ATTRACTION MANIFESTO, a no-big-deal 5 hour video. Its all about the psychology of attraction, how girls thing about it, the misconceptions, how to grow into being naturally attractive the shortcuts and how to get to being attraction immediately and how to make attraction work for you naturally and automatically.

The all mighty ATTRACTION MANIFESTO



I have created these videos as a part of my Hotseat presentation. I want any student who signs up for the Hotseat to be able to get these videoS, hear them and start practicing what I'm going to teach you thoroughly when you come to the Hotseat. Then se the Hotseat live with me, EXPLICITLY CLEARLY understand the mindsets and the skills live with me in person on an instructor level, ask me any questions to clarify, then go away and have the video forever to compliment the Alexander Hotseat. Always available for your use and reference.

The there are the guy who email me and RSD asking for year for me to put out a program like the Jeffy Show or Tim's Flawless Natural. Well, this isn't exactly the same acquisition process as a regular program... to get this ELEVEN HOUR Alexander Program just buy a Hotseat at any city and you get these video sent to your email straight away.

It's like you get the program for the price of the Hotseat (300usd) and you get a Hotseat thrown in for free.

If you have any other question about acquiring the Natural Instinct Method program personal message me on www.facebook.com/alexanderrsd and we can see what we can do there!

If you've even done a bootcamp or a Hotseat in the past with me, message me on www.facebook.com/alexanderrsd and I'll send it to you straight away!

It's so important to the RSD pick up community to have a universal set of truths to start with and

- X Men (1)
- ishuaia (1)
- everybody was kung fu fighting dad da da da da da those guys were fast as lighting (1)
- Keys To Control (1)
- Chase the girl (1)
- once that shit is done I will finally be able to write the awesome stories I want to (1)
- Intimidation (1)
- honestly book a flight to finland now (1)
- Zuckerberg (1)
- EADC (1)
- Chode (1)
- bagel (1)
- Sydney. (1)
- the winter is coming (1)
- who should come on the professional grade holiday (1)
- absinthe (1)
- Professional Pick Up Artist (1)
- Mole Patrol (1)
- julien finally published that I'm the best in the industry i don't know if i agree but its a nice accolade (1)
- hotseat (1)
- it was a little bit frightening but igt was something something expert timing (1)
- infield (1)
- I'm taking some time off drinking to bulk more and get fatter so i can beat ryan at new years eve (1)
- Best Editing Skills In RSD (1)
- no country for old men (1)
- Do What You Want To Do (1)
- Self help (1)
- aiya napa (1)
- tips (1)
- juliens smacked up facebook posts are coming (1)
- long live the king (1)
- we burnt a cockroach in front of girls and they loved it (1)
- patience (1)
- Frame Battles (1)
- recovery times in sweden (1)
- Bulgaria (1)
- this year at the summit were going to have a final showdown between summitgod and chinaboy who will win in the coffeemachine throwing stakes and who will take move pictures of themselves getting blowjobs from random chicks (1)
- Japan (1)
- Chodespotting (1)
- is ryan a dingo or a goat... no he is neither he is a camel (1)
- Whorehouse (1)
- where in the world is carmen sandiage (1)
- Don't Please Other's At The Expense Of Greatness (1)
- you are enough (1)
- roots (1)
- newbie (1)
- i once editing a video and it was better than all of brads videos editing (1)
- winter is coming (1)
- chronically ill (1)
- Endurance (1)
- Battle Plan (1)
- only one thing to do now cut off all contact publish the best stories the world has ever read and finally become what I'm supposed to be (1)
- Police (1)
- Cunt (1)

commonly share.

Have you seen the trillions of hours on our youtube channels? Sometimes there is stuff on there that's a little hard to comprehend... for sure... well, make yourself familiar with this contemporary set of essential mindsets and skills as a baseline and everything then goes from there.

My youtube channel's www.youtube.com/alexanderfreetour and www.youtube.com/RSDalexander are spoken under the impression that the view has seen the abridged version of the Natural Instinct Method... but are really spoken under the assumption that you get the basics of the game, that you've seen the entire NATURAL INSTINCT PROGRAM and we are springboard forward into deeper better more helpful topics that will take your game to new level after new level.

Its like... here are the basics... now that we know the basics, lets get advanced and lets get really fucking good at game, attracting girls and picking them up.

As an instructor is a dream to have all the basic's laid out for the guys who want to get good to read and understand so we can all think about the really cool, deep social dynamics that makes the game invisible and yield the best results with the hottest girls out in the club.

Admittedly, I have a background in science and love connecting ideas with making actions work creating the end results of getting laid and building irreversible abundance.

So, I am proud to present to my students the culmination of work since 2007. Everything I can possible make available to you online to take you from a clueless beta-male idiot to a guy who understands that game cognitively on the same level as an instructor, I'm proud to make the skills available to you so you can go out and implement the same actions that instructors use. Once you are thinking the right way and behaving the right way, with each night's sleep your emotions catch up and you come into congruence with the naturally attractive guys that's lying dormant, but ready inside of you; your instinctually natural self.

Think Natural Instinct Method.

Thank you

Alexander~
Executive Coach
www.facebook.com/alexanderrsd

PS... as a bonus i had a chance to catch up with my fellow Brisbane City guy Adrian Van Oyen who has fast become and internet sensation with his hilarious vids... check them out
www.youtube.com/adrianvanoyen

Some very funny takes on cold approach Pick Up!

50% Complete

✕

Almost there: please complete this form and click the button below to gain instant access.

Enter your name and email address below to receive FOUR HACKS that will upgrade your sex life, instantly... it's 100% FREE!

Name

Email

BECOME THE MODERN DAY ONLINE GAME GANGSTER

- [Physical Rapport \(1\)](#)
- [Hotseat. \(1\)](#)
- [smack \(1\)](#)
- [Free Videos \(1\)](#)
- [one tag fuck you New Zealand and your shit internet \(1\)](#)
- [Make Girls Want You \(1\)](#)
- [you would download a car \(1\)](#)
- [Painter \(1\)](#)
- [Self Consultancy \(1\)](#)
- [kiipis \(1\)](#)
- [Instructor Level \(1\)](#)
- [be careful of german girls they have boyfriend and try to trick you into buying drinks but they really dont want to have sex with you they just want to use you for your personality and get some free drinks when they do that you have to give them boyfriend \(1\)](#)
- [is Brad Brad's real name? \(1\)](#)
- [rehab \(1\)](#)
- [Personal Inspiration \(1\)](#)
- [Chode Plan \(1\)](#)
- [i have an awesome new banner photo on www.facebook.com/alexander RSD \(1\)](#)
- [Faceplant \(1\)](#)
- [Tylers video about travel in Las Vegas is the funniest thing I've ever seen Jeffy and I made a parody video and were going to instruct everyone how to make a parody video as well \(1\)](#)
- [Melbourne is fucked \(1\)](#)
- [Learn Natural Game \(1\)](#)
- [i'm seeing a psychiatrist to help deal with my fear of flying \(1\)](#)
- [Detention \(1\)](#)
- [fuck you for bittorrenting all our programs \(1\)](#)
- [influence \(1\)](#)
- [After Effects \(1\)](#)
- [bali belly \(1\)](#)
- [Mastering The Basics \(1\)](#)
- [Brad finally admitted that I am the best video editor in RSD \(1\)](#)
- [The close \(1\)](#)
- [medical care \(1\)](#)
- [Gorgeous Girls \(1\)](#)
- [Plan B \(1\)](#)
- [Dating Techniques \(1\)](#)
- [dark side \(1\)](#)
- [Sean \(1\)](#)
- [raining in Toronto which is pretty gay \(1\)](#)
- [Bearded joe is god \(1\)](#)
- [Curriculum \(1\)](#)
- [yeah good one \(1\)](#)
- [Roots In Jail \(1\)](#)
- [jurassic park 3 \(1\)](#)
- [Perfect Approach \(1\)](#)
- [norway \(1\)](#)
- [happy new year \(1\)](#)
- [dub step \(1\)](#)
- [I am taking applications for the professional grade holiday on my facebook \(1\)](#)
- [alsklings \(1\)](#)
- [201X Video \(1\)](#)
- [Unconsciously attract \(1\)](#)
- [I've taken to drinking more \(1\)](#)
- [falmingos \(1\)](#)
- [friend zone \(1\)](#)
- [owen aka tyler \(1\)](#)
- [Alexander~ Hotseat \(1\)](#)
- [Now that i've learned to type faster I've found that I've become much better at fingering a girl's undercarriage \(1\)](#)
- [natural game \(1\)](#)

Find and Sleep With The Hot Girls You Don't See At The Club Who Just Want To Get Laid. Sign Up, And Receive the FOUR FREE HACKS that will upgrade your sex life, instantly

GET STARTED!



Login or register to post.

Related Posts

- [The Natural Instinct Method Is Here For You](#)
- [Be Attractive - What It Means To Be Attractive When Cold-Approaching.](#)
- [Pick Up Girls; Natural Instinct Method Manifesto. Alexander RSD](#)
- [Happy New Year From Alexander~ And RSD!](#)
- [Frame Battles: Always Going On, A Battle That You Can't Afford To Lose](#)

Comments

Posted January 12th, 2013 at 4:19 PM

#1



Professor Hughes~

Respected Member
Join Date: 04/13/2010 | Posts: 632



Listen to the man. This shit works.

Login or register to post.

Posted January 12th, 2013 at 4:43 PM

#2



Nathan~

Member
Join Date: 10/14/2011 | Posts: 84

Do you recommend having a short go-to opener for when you can't think of one?

Login or register to post.

Posted January 12th, 2013 at 4:47 PM

#3



Nj

Senior Member
Join Date: 03/29/2012 | Posts: 240

are you guys planning to teach hotseat anytime in India?

Login or register to post.

Posted January 12th, 2013 at 4:48 PM

#4



Nj

Senior Member
Join Date: 03/29/2012 | Posts: 240

are you guys planning to teach hotseat anytime in India?

Login or register to post.

Posted January 13th, 2013 at 12:05 AM

#5



Pup

Member
Join Date: 11/09/2012 | Posts: 62

- [VB \(1\)](#)
- [Pre-Flight Check List \(1\)](#)
- [iphone 5 \(1\)](#)
- [sarging \(1\)](#)
- [Intermediate To Advanced \(1\)](#)
- [the future \(1\)](#)
- [Perth \(1\)](#)
- [old pizza guy from rhodos \(1\)](#)
- [cold approach \(1\)](#)
- [Miami is awesome but a lot of gay guys are naturally attracted to me and its quite unsettling \(1\)](#)
- [Yearly videos \(1\)](#)
- [Psychological \(1\)](#)
- [drugs are an interesting way to dull the pain \(1\)](#)
- [bellagio \(1\)](#)
- [Bulgaria review \(1\)](#)
- [only 3 hours of sleep in the last 5 nights \(1\)](#)
- [Chodes \(1\)](#)
- [las vegas is pretty awesome. I'm losing the battle of fatness \(1\)](#)
- [Wasting Time \(1\)](#)
- [winnie blues \(1\)](#)
- [Statement Of Empathy \(1\)](#)
- [attraction \(1\)](#)
- [dinosaurs \(1\)](#)
- [Free Tour \(1\)](#)
- [brad is second best video editor in real social dynamics and alexander is a supreme video editing champion \(1\)](#)
- [Second Dates \(1\)](#)
- [kalyso \(1\)](#)
- [singapore \(1\)](#)
- [who will win the golden ticket to the professional grade holiday? \(1\)](#)
- [Make it like a movie \(1\)](#)
- [Deep Inner Game \(1\)](#)
- [my new favorite hobby is to say LOL to girls via text \(1\)](#)
- [i really like todd \(1\)](#)
- [Empathy \(1\)](#)
- [comfort zone \(1\)](#)
- [don't worry about being a fat fuck because in the beggining girls would never take you seriously as someone they would hook up with so they open up to you as a friend next thing you know you are the iron chef of her delicate taco \(1\)](#)
- [Enduring Tests \(1\)](#)
- [smash a dog up ya ringhole \(1\)](#)
- [SOE \(1\)](#)
- [Shrödingers's Cat \(1\)](#)
- [pitcher of ice \(1\)](#)
- [self amusement \(1\)](#)
- [The Four Times Rule \(1\)](#)
- [Smoke and a Pancake \(1\)](#)
- [game of thrones \(1\)](#)
- [The Decision \(1\)](#)
- [do you think 'frenchie' or 'goat' is a more appropriate nickname for Julien \(1\)](#)
- [Best editor in RSD \(1\)](#)
- [Programming \(1\)](#)
- [gatorade is better than water \(1\)](#)
- [Field Report \(1\)](#)
- [bulgaria weird shit \(1\)](#)
- [Executive Decisions \(1\)](#)
- [I know you want to come on the professional grade holiday but you have to apply first \(1\)](#)
- [Learning \(1\)](#)
- [Make Time To Waste Time Don't Be Heartless And Lonely \(1\)](#)
- [Interactive Exercise \(1\)](#)
- [quantanamo bay \(1\)](#)
- [bar \(1\)](#)

could someone link the first video?

[Login](#) or [register](#) to post.

Posted January 13th, 2013 at 1:55 AM

#6



lammer

Member
Join Date: 07/21/2010 | Posts: 46

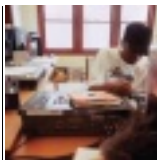
I live in the anus of the world.
Anyway, if i buy a hotseat, i can get the video even don'tshowing up at the hotseat?

These videos has infield footage as examples?

[Login](#) or [register](#) to post.

Posted January 13th, 2013 at 4:19 AM

#7



J Dilla R.I.P.

Alex Hot Seat Member | Senior Member
Join Date: 06/30/2012 | Posts: 157

Everybody get on up on that shit! No joke, I can't even begin to explain how valuable this is.

Yo Alex, how long before a hotseat event do we get info on the time and place, things of that nature?

Just so I can book train tickets and hotels etc

The London hotseat to be exact, cheers bud

[Login](#) or [register](#) to post.

Posted January 13th, 2013 at 6:05 AM

#8



Achilles~

Respected Member
Join Date: 07/22/2007 | Posts: 467



yeh these vids are fukin SIK.

Alex breaks down the concepts so they are super easy to understand then hammers it into ur brain.
Get on it.

personal favorite is enduring tests video.

good work mate!

[Login](#) or [register](#) to post.

Posted January 13th, 2013 at 6:32 AM

#9



CBAABC

Trusted Member
Join Date: 02/20/2009 | Posts: 1818

.

[Login](#) or [register](#) to post.

Posted January 13th, 2013 at 2:44 PM

#10



lammer

Member
Join Date: 07/21/2010 | Posts: 46

the <http://alexanderhotseat.com/> doesn't load for complete..
just untill" and then you're becoming motivated by the fun factor of the game, and then you're seeing so ma"

doesn't have even a "buy" button

- [pickup](#) (1)
- [Quantum Physics](#) (1)
- [six broken cameras](#) (1)
- [atlanta](#) (1)
- [las vegas](#) (1)
- [The Natural Instinct Method.](#) (1)
- [the inbetweeners](#) (1)
- [Momentum Unwinding](#) (1)
- [is chinaboy the illegitimate child of mr miagi or yoko ono?](#) (1)
- [Earth and water Julien](#) (1)
- [can't type well anymore](#) (1)
- [what the fucking fuck is azis? i dont know you tell me](#) (1)
- [Frankfurt](#) (1)
- [don't worry I will put out a video soon explaining how to be involved](#) (1)
- [Timf Bhraowhn](#) (1)
- [YOU ARE A SMACKHEAD](#) (1)
- [London](#) (1)
- [fun mood](#) (1)
- [women](#) (1)
- [Seattle is Strange](#) (1)
- [amstel sucks](#) (1)
- [No Sex](#) (1)
- [screening](#) (1)
- [Draw State From Within](#) (1)
- [downing](#) (1)
- [Expert Tips To Get A One Night Stand](#) (1)
- [get the attraction manifesto as a bonus if you sign up for the free tour](#) (1)
- [no animals were harmed in the making of this movie but two dozen girls were had sex with](#) (1)
- [The Start](#) (1)
- [beer or wine? shots!](#) (1)
- [Toronto](#) (1)
- [the tag list by the side of my blog is getting pretty long](#) (1)
- [Goal Setting](#) (1)
- [can you image millions of young blond chicks who want to hook up with you?](#) (1)
- [Ghost Of Jeffy](#) (1)

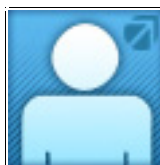


i've tried 2 different browsers

[Login](#) or [register](#) to post.

Posted January 13th, 2013 at 7:25 PM

#11



dresdenwhite

Junior Member
Join Date: 04/12/2011 | Posts: 17

Yo Alex! Are you dabbling in that honey because of Ray Peat's glucose oxidation work? Energy! :) Until it's engrained....it's so easy to forget that we are enough. A wake up call for me even though I find myself knowing it outside of the cold approach world.

[Login](#) or [register](#) to post.

Posted January 13th, 2013 at 7:42 PM

#12



Alex~

Instructor | Alex Hot Seat Member | Trusted Member
Join Date: 05/15/2007 | Posts: 3304

Ahhh, it seems to not be working in a small European region. They're fixing it now. But email support@realsocialdynamics.com for details... Or pm me.

lammer wrote:

the <http://alexanderhotseat.com/> doesn't load for complete.. just untill" and then you're becoming motivated by the fun factor of the game, and then you're seeing so ma"

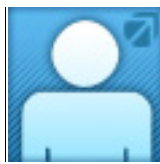
doesn't have even a "buy" button

i've tried 2 different browsers

[Login](#) or [register](#) to post.

Posted January 13th, 2013 at 8:48 PM

#13



cuntmuscle

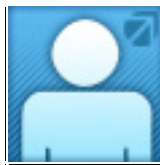
Junior Member
Join Date: 12/16/2012 | Posts: 20

posted about this guy adrian on the forum a while back. Im pretty sure it was something to do with him being Alex's younger brother too haha. cool that you guys met up and did shit

[Login](#) or [register](#) to post.

Posted January 14th, 2013 at 9:22 AM

#14



Craig~

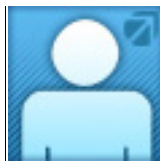
Senior Member
Join Date: 07/28/2010 | Posts: 147

NIM is the real shit!

[Login](#) or [register](#) to post.

Posted January 15th, 2013 at 6:39 AM

#15



Natedogg87

Junior Member
Join Date: 12/02/2012 | Posts: 3

Do we recieve the videos before or after the event? I am attending London on 2nd of Feb & still havnt recieved the videos.Its only 2 weeks away.

[Login](#) or [register](#) to post.

Posted January 16th, 2013 at 11:25 AM

#16

Kindred

Trusted Member





Natedogg87 wrote:

Do we recieve the videos before or after the event? I am attending London on 2nd of Feb & still havnt recieved the videos.Its only 2 weeks away.

I'm in the same boat.

[Login](#) or [register](#) to post.

Posted January 16th, 2013 at 1:32 PM

#17



Dinamond

Junior Member

Join Date: 01/06/2013 | Posts: 4

Does anyone tried this??

[Login](#) or [register](#) to post.

Posted January 16th, 2013 at 1:49 PM

#18



ace01

Junior Member

Join Date: 01/14/2013 | Posts: 27

The hot cold arousal is very easy to forget in set. I'll keep that in mind.

[Login](#) or [register](#) to post.

Posted January 17th, 2013 at 12:21 AM

#19



Alex~

Instructor | Alex Hot Seat Member | Trusted Member

Join Date: 05/15/2007 | Posts: 3304



for those guys who have signed up but didnt get the email yet email
david@realsocialdynamics.com for the links or PM me on facebook for a fast turn around!

Alex~

[Login](#) or [register](#) to post.

Posted January 20th, 2013 at 12:31 PM

#20



Waller

Member

Join Date: 01/20/2013 | Posts: 40

Wow Alex. BRAVO. Just watched the 2 hour video. AMAZING. I dont know if you at the company sees it yourselves but you're really touching on subejcts that elevates this company to the skies. At least for me. Once again, GREAT video!

[Login](#) or [register](#) to post.

Posted February 5th, 2013 at 1:49 PM

#21



Mountaineer-~

Respected Member

Join Date: 01/07/2011 | Posts: 360



I've seen everything from Blueprint, Flawless Natural, Jeffy Show 1 and 2 to Evolutions and got good results out of it but Natural Instincts Method (in combination with a Hotseat) is the breakthrough if you really want to get Advanced! It has a completely new "natural" perspective to it!

AND: THIS SHIT WORKS AMAZING!

[Login](#) or [register](#) to post.

Posted February 18th, 2013 at 6:52 AM

#22

alamarish

Member

Join Date: 02/18/2013 | Posts: 33



i want link for the 2nd video

[Login](#) or [register](#) to post.

